

II. Workshop Overview

Rhode Island, The Ocean Plate! is a workshop that is designed to be held in a 45-60 minutes time frame. The workshop focuses on three main topics:

- * **The Ocean State Food Guide Pyramid**
- * **The Value of Eating Locally Grown and Produced Foods**
- * **The Aquaculture of Rhode Island**

Please note the following:

- ✓ The *background information* for these topics is located in the appendix.
- ✓ A *food demonstration* is suggested as one of the activities used in the workshop.
- ✓ The session ends with an *evaluation form*, which is located in the appendix.
- ✓ The *preface* provides the rationale for the workshop.
- ✓ The workshop format gives information on *supplies and handouts*. The handouts are located in the appendix.
- ✓ The workshop *agenda* describes the activities that will be conducted during the course of the meeting.
- ✓ The *format* of this workshop is designed for flexibility, to meet the needs of the leader and the audience. The leader can choose to modify the format based on the time and resources that are available.

